



HUNGER/FULLNESS SCALE

1

I MIGHT PASS OUT

2

RAVENOUS

3

HUNGER PANGS

Staying in levels 1, 2, or 3 for too long can lead to intense cravings and bingeing.

4

HUNGER AWAKENS

5

NEUTRAL

6

JUST SATISFIED

At 4 you may start thinking about food but will still be in control.
Aim to be at 5 when you go to bed to support weight loss.

7

VERY SATISFIED

7 is still a pretty good place to be.

8

FULL

9

BLOATED

10

SICK

Avoid being beyond a 7, as this will likely be too many calories.